

Aquatics

Swimming Pool Phone Number (650) 616-7191

2010 Season: June 14 - September 5

The San Bruno City Park Pool is located at Crystal Springs and Oak Avenues in San Bruno City Park, adjacent to the Veteran's Memorial Building. The pool is an "L" shape, 25x20 yards, 3 to 10 feet deep, and heated to approximately 83 degrees. The facility also has a toddler pool approximately 1 foot deep. Each child utilizing the toddler pool must be accompanied and directly supervised by a paying adult. If special assistance is needed, please notify the Pool Staff. For list of pool rules see our website at www.sanbruno.ca.gov_parks_sbpool.html.

Schedules and Programs

June 14 - August 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Lap Swim 6:30am-7:45am	Water Aerobics 9:00am-10:00am	Water Aerobics 9:00am-10:00am
Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Lap Swim 11:15am-12:45pm	Lap Swim 11:15am-12:45pm
Rec Swim 1:00pm-3:30pm	Rec Swim 1:00pm-3:30pm	Rec Swim 1:00pm-3:30pm	Rec Swim 1:00pm-3:30pm	Rec Swim 1:00pm-3:30pm	Rec Swim 1:00pm-4:00pm	Rec Swim 1:00pm-4:00pm
Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm			
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm			

August 21 - September 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm	Water Aerobics 7:00pm-8:00pm		Water Aerobics 10:00am-11:00am	Water Aerobics 10:00am-11:00am
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm		Lap Swim 11:15am-12:45pm	Lap Swim 11:15am-12:45pm
					Rec Swim 1:00pm-4:00pm	Rec Swim 1:00pm-4:00pm

All lap swim passes and water aerobic passes issued in 2010 must be used during the 2010 swim season.

Recreational Swim

Children under 10 must be accompanied by a paying adult.

Fees:

0-2 years: Free

3-54 years: \$3

55-over: \$2.50

Family (up to 5 people): \$12

25 Use Pass: \$62.50

50 Use Pass: \$125

Season Pass: \$280 R, \$295 NR

Swimming Pool Rental

The Swimming Pool is available for private parties on Fridays, Saturdays and Sundays during the season after 4:00pm. Apply in person at the Recreation Center Office. For further information, call (650) 616-7180.

Water Aerobics

Ages 12 & over

Fees:

Drop-In: \$4.50

10 Use Pass: \$40 R, \$42 NR

Season Pass: \$178 R, \$193 NR

Lap Swim

(All swimmers must swim laps)

Fees:

Drop In: \$4

10 Use Pass: \$35 R, \$38 NR

Season Pass: \$140 R, \$155 NR



Aquatics

Swimming Lessons

\$54 Residents, \$68 Non-residents (Mon-Thurs for two weeks-8 classes)
 \$33 Residents, \$41 Non-residents (Saturday and Sunday for 2 weeks-4 classes)
 *Session 1 (\$47 Resident, \$59 Non-resident, No class 5/31)

Monday-Thursday group lessons will consist of eight half hour swim lessons with either six or seven children and one teacher.

Weekend Lessons will consist of four half hour swim lessons held on Saturday and Sunday with either six or seven children and one teacher.

Private lessons will consist of four half hour lessons, with one child and one teacher. Prices and times for private lessons are on page 19.

If you have any questions regarding the lesson, feel free to call Jennie Tucker, Recreation Supervisor, at (650) 616-7184 or after June 14, call San Bruno Park Pool at (650) 616-7191.

Lessons For 6 Months To 3-Year Olds

Pre-Tiny Tots (parent/guardian involvement mandatory)

The Pre-Tiny Tot class is designed for children 6 - 35 months (6 months to 2 years 11 months) and their parent/ adult. This class is held in the big pool and will teach adults basic water adjustment and safety skills for their children. This is an orientation to swim lessons.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	11:15-11:45am		1401.302		1401.304		1401.306	
M-Th	5:45-6:15pm	1402.301	1402.302	1402.303	1402.304	1402.305	1402.306	1402.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	10:00-10:30am	1403.301	1403.302	1403.303	1403.304

Tiny Tots (no parent/guardian involvement)

The Tiny Tots classes are for children comfortable in a structured class setting with no parent involvement. This entry-level class is taught primarily in 1 foot of water and will teach the toddlers to become comfortable in the water. 3 Year Olds Only.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	10:15-10:45am		1501.302	1501.303	1501.304	1501.305	1501.306	
M-Th	12:15-12:45pm		1502.302	1502.303	1502.304	1502.305		
M-Th	4:45-5:15pm	1503.301	1503.302	1503.303	1503.304	1503.305	1503.306	1503.307
M-Th	5:15-5:45pm		1504.302	1504.303	1504.304	1504.305	1504.306	
M-Th	5:45-6:15pm		1505.302	1505.303	1505.304	1505.305	1505.306	

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	9:30-10:00am	1506.301	1506.302	1506.303	1506.304
Sa/Su	11:15-11:45am	1507.301	1507.302	1507.303	1507.304

SUPER Tiny Tots (no parent/guardian involvement)

This class is designed for children ages 3 years old who are already comfortable in the water and can completely submerge their head under water. **This class will be taught in the big pool.** Children must have completed the Tiny Tot level and be comfortable in the big pool prior to enrolling. This is a perfect class for toddlers that can swim on their own, but are too young for the Level 1 class. 3 Year Olds Only.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	11:45-12:15pm		1601.302	1601.303	1601.304	1601.305	1601.306	
M-Th	5:15-5:45pm	1602.301	1602.302	1602.303	1602.304	1602.305	1602.306	1602.307

Aquatics

Swimming Lessons

\$54 Residents, \$68 Non-residents (Mon-Thurs for two weeks-8 classes)
\$33 Residents, \$41 Non-residents (Saturday and Sunday for 2 weeks-4 classes)

*Session 1 (\$47 Resident, \$59 Non-resident, No class 5/31)

Lessons For Ages 4 & Up

Level 1: Water Exploration

Prerequisite: 4 years old with little or no swimming experience. At this level, students will learn to put their face in the water and enjoy the water safely. To pass this level, children must swim 5 yards independently. The course is taught primarily in the 3 ½ foot area of the pool. Ages 4-over. (We recommend beginners 12 and older schedule an Adult Lesson or Private Lesson.)

Days	Times	Session 1 * 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	9:45-10:15am		0101.302	0101.303	0101.304	0101.305	0101.306	
M-Th	10:15-10:45am		0102.302	0102.303	0102.304	0102.305	0102.306	
M-Th	10:45-11:15am		0103.302	0103.303	0103.304	0103.305		
M-Th	11:15-11:45am		0104.302	0104.303	0104.304	0104.305	0104.306	
M-Th	11:45am-12:15pm		0105.302	0105.303	0105.304	0105.305	0105.306	
M-Th	12:15-12:45pm		0106.302	0106.303	0106.304	0106.305	0106.306	
M-Th	3:45-4:15pm		0107.302	0107.303	0107.304	0107.305	0107.306	
M-Th	4:15-4:45pm		0108.302	0108.303	0108.304	0108.305	0108.306	
M-Th	4:45-5:15pm	0109.301	0109.302	0109.303	0109.304	0109.305	0109.306	0109.307
M-Th	5:15-5:45pm		0110.302	0110.303	0110.304	0110.305	0110.306	
M-Th	5:45-6:15pm	0111.301	0111.302	0111.303	0111.304	0111.305	0111.306	0111.307
M-Th	6:15-6:45pm	0112.301	0112.302	0112.303	0112.304	0112.305	0112.306	0112.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	10:00-10:30am	0113.301	0113.302	0113.303	0113.304
Sa/Su	10:30-11:00am	0114.301	0114.302	0114.303	0114.304

Level 2: Primary Skills

Prerequisite: Completion of Level 1 or can swim 5 yards on their own. To pass this level, students must swim 20 yards of front crawl and 20 yard of back crawl. This class is often repeated. Ages 4-over.

Days	Times	Session 1 * 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	10:15-10:45am		0201.302	0201.303	0201.304	0201.305	0201.306	
M-Th	10:45-11:15am		0202.302	0202.303	0202.304	0202.305	0202.306	
M-Th	11:15-11:45am		0203.302	0203.303	0203.304	0203.305		
M-Th	11:45-12:15pm		0204.302	0204.303	0204.304	0204.305	0204.306	
M-Th	12:15-12:45pm		0205.302	0205.303	0205.304	0205.305	0205.306	
M-Th	3:45-4:15pm		0206.302	0206.303	0206.304	0206.305	0206.306	
M-Th	4:15-4:45pm		0207.302	0207.303	0207.304	0207.305	0207.306	
M-Th	4:45-5:15pm	0208.301	0208.302	0208.303	0208.304	0208.305	0208.306	0208.307
M-Th	5:15-5:45pm	0209.301	0209.302	0209.303	0209.304	0209.305	0209.306	0209.307
M-Th	5:45-6:15pm	0210.301	0210.302	0210.303	0210.304	0210.305	0210.306	0210.307
M-Th	6:15-6:45pm	0211.301	0211.302	0211.303	0211.304	0211.305	0211.306	0211.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	10:00-10:30am	0212.301	0212.302	0212.303	0212.304
Sa/Su	10:30-11:00am	0213.301	0213.302	0213.303	0213.304

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Swimming Lessons

\$54 Residents, \$68 Non-residents (Mon-Thurs for two weeks-8 classes)
\$33 Residents, \$41 Non-residents (Saturday and Sunday for 2 weeks-4 classes)

*Session 1 (\$47 Resident, \$59 Non-resident, No class 5/31)

Level 3: Stroke Readiness

Prerequisite: Level 2 certificate or can swim 20 yards front crawl independently. Students must be able to tread water and be comfortable in deep water prior to enrollment. This class focuses on stroke and side breathing refinement. The course is taught in the 4-5 foot area of the pool. Ages 4-over.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	9:45-10:15am		0301.302	0301.303	0301.304	0301.305	0301.306	
M-Th	10:45-11:15am		0302.302	0302.303	0302.304	0302.305	0302.306	
M-Th	11:15-11:45am			0303.303		0303.305		
M-Th	12:15-12:45pm		0304.302	0304.303	0304.304	0304.305	0304.306	
M-Th	3:45-4:15pm		0305.302	0305.303	0305.304	0305.305	0305.306	
M-Th	4:15-4:45pm		0306.302	0306.303	0306.304	0306.305	0306.306	
M-Th	5:15-5:45pm	0307.301	0307.302	0307.303	0307.304	0307.305	0307.306	0307.307
M-Th	6:15-6:45pm	0308.301	0308.302	0308.303	0308.304	0308.305	0308.306	0308.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	10:30-11:00am	0309.301	0309.302	0309.303	0309.304

Level 4: Stroke Development

Prerequisite: Level 3 certificate. This class includes "lap swimming". Students must be able to swim 25 yards comfortably. Students continue to refine learned strokes and are introduced to breaststroke, sidestroke, and turning at the wall. The course is taught in the 5-10 foot area. Ages 5-over.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	9:45-10:15am		0401.302	0401.303	0401.304	0401.305	0401.306	
M-Th	10:45-11:15am		0402.302	0402.303	0402.304	0402.305	0402.306	
M-Th	11:45-12:15pm		0403.302	0403.303	0403.304	0403.305	0403.306	
M-Th	12:15-12:45pm		0404.302	0404.303	0404.304	0404.305		
M-Th	4:15-4:45pm		0405.302	0405.303	0405.304	0405.305	0405.306	
M-Th	4:45-5:15pm	0406.301	0406.302	0406.303	0406.304	0406.305	0406.306	0406.307
M-Th	6:15-6:45pm	0407.301	0407.302	0407.303	0407.304	0407.305	0407.306	0407.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	9:30-10:00am	0408.301	0408.302	0408.303	0408.304

Level 5: Stroke Refinement

Prerequisite: Level 4 certificate. Students refine and gain endurance for key strokes and are introduced to butterfly and open turns. This course is taught in the lanes with a length of 25 yards. Ages 5-over.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	10:15-10:45am		0501.302	0501.303	0501.304	0501.305		
M-Th	11:15-11:45am		0502.302	0502.303	0502.304	0502.305	0502.306	
M-Th	3:45-4:15pm		0503.302	0503.303	0503.304	0503.305	0503.306	
M-Th	5:15-5:45pm	0504.301	0504.302	0504.303	0504.304	0504.305	0504.306	0504.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	11:15-11:45am	0505.301	0505.302	0505.303	0505.304

Aquatics

Swimming Lessons

\$54 Residents, \$68 Non-residents (Mon-Thurs for two weeks-8 classes)
 \$33 Residents, \$41 Non-residents (Saturday and Sunday for 2 weeks-4 classes)
 *Session 1 (\$47 Resident, \$59 Non-resident, No class 5/31)

Level 6: Swimming & Skill Proficiency

Prerequisite: Level 5 certificate and all strokes are refined. Students will polish strokes to swim with more ease, efficiency, power, and smoothness over greater distances. Introduces additional turns (flip turns and backstroke turns). Ages 5-over.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	11:15-11:45am		0601.302	0601.303	0601.304	0601.305		
M-Th	5:45-6:15pm	0602.301	0602.302	0602.303	0602.304	0602.305	0602.306	0602.307
M-Th	6:45-7:15pm	0603.301	0603.302	0603.303	0603.304	0603.305	0603.306	0603.307

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	11:15-11:45am	0505.301	0505.302	0505.303	0505.304

Fitness Swim/Pre-Swim Team

Prerequisite: Level 6 certificate and refined strokes. This is the perfect class for someone who has passed Level 6 but still wants to improve their endurance. This also is a good class for someone on a swim team who wants to practice in the off season. This class will be conducted like a swim team practice. Students will be expected to know all strokes and will be swimming laps the entire 45 minutes. Ages 6-over.

Days	Times	Session 1* 6/1-6/10	Session 2 6/14-6/24	Session 3 6/28-7/8	Session 4 7/12-7/22	Session 5 7/26-8/5	Session 6 8/9-8/19	Session 7 8/23-9/2
M-Th	9:00-9:45am		0701.302	0701.303	0701.304	0701.305	0701.306	

Adult Swim Lessons

This course is designed for teens and adults who have never taken swimming lessons before, or who have a fear or apprehension of water. Sessions are four classes each one hour long. Ages 12-over.

Days	Times		Session 2 6/14-6/17	Session 3 6/21-6/24	Session 4 7/12-7/15	Session 5 7/19-7/22	Session 6 7/26-7/29	Session 7 8/2-8/5
M-Th	8:00-9:00pm		0801.302	0801.303	0801.304	0801.305	0801.306	

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	11:15-11:45am	0802.301	0802.302	0802.303	0802.304



Aquatics

Private Lessons (4 classes)

Cost: \$125 Resident, \$140 Non-resident (Maximum of 1 student to 1 teacher)

This class offers participants who are beginning to swim, or wanting to improve their skills, a chance to work one-on-one with an instructor for four consecutive classes. Private lessons can be the appropriate setting to assist you or your child in water confidence or skill refinement. Each session consists of four one half hour lessons. Ages 3-over.

Days	Times	Private 1 6/1-6/4	Private 2 6/8-6/11	Private 3 6/14-6/17	Private 4 6/21-6/24	Private 5 6/28-7/1	Private 6 7/5-7/8
M-Th	9:45-10:15am			1001.303	1001.304	1001.305	1001.306
M-Th	11:45-12:15pm			1002.303	1002.304	1002.305	1002.306
M-Th	3:45-4:15pm			1003.303	1003.304	1003.305	1003.306
M-Th	4:15-4:45pm			1004.303	1004.304	1004.305	1004.306
M-Th	6:15-6:45pm			1005.303	1005.304	1005.305	1005.306

Days	Times	Private 7 7/12-7/15	Private 8 7/19-7/22	Private 9 7/26-7/29	Private 10 8/2-8/5	Private 11 8/9-8/12	Private 12 8/16-8/19
M-Th	9:45-10:15am	1001.307	1001.308	1001.309	1001.310		
M-Th	11:45-12:15am	1002.307	1002.308	1002.309	1002.310		
M-Th	3:45-4:15pm	1003.307	1003.308	1003.309	1003.310		
M-Th	4:15-4:45pm	1004.307	1004.308	1004.309	1004.310	1004.311	1004.312
M-Th	6:15-6:45pm	1005.307	1005.308	1005.309	1005.310	1005.311	1005.312

Days	Times	Weekend 1 6/19-6/27	Weekend 2 7/10-7/18	Weekend 3 7/24-8/1	Weekend 4 8/7-8/15
Sa/Su	9:30-10:00am	1006.301	1006.302	1006.303	1006.304

Jr. Lifeguard Camp~ (5 classes)

If you enjoy swimming and water sports, are interested in becoming a lifeguard, or just enjoy learning new skills and making new friends, then San Bruno's Jr. Lifeguard Camp is for you. Jr. Lifeguard participants will be introduced to fundamental rescue, first aid and CPR skills. Pre-requisites: All participants must be able to swim the front crawl for 25 yards continuously while breathing to the front or side, tread water for 1 minute and submerge and swim a distance of 10 feet underwater. More information contact Jennie at 616-7184. Participants must bring bag lunch, bathing suit, sunscreen and towel each day. Ages 11-14.

Cost: \$136 Resident, \$151 Non-resident

Location: San Bruno Park Pool

Instructor: San Bruno Pool Staff

3620.301	M-F	10:00am-3:30pm	6/28-7/2
3620.302	M-F	10:00am-3:30pm	7/26-7/30



Soccer & Swim Camp (5 classes)

Does your child love swimming and soccer? If so, sign up for our Soccer and Swim Camp held at San Bruno City Park. Participants will have soccer lessons from 10- 11:30am. Following soccer, participants will enjoy lunch and play games in the park. At 1pm, participants will head over to the San Bruno Park Pool where they will enjoy swimming, water games and be supervised by our lifeguards. Cost includes soccer lesson, entrance to recreation swim and supervision. Participants should bring a bag lunch, bathing suit, sunscreen and a towel everyday. Ages 9-12.

Cost: \$136 Resident \$151 Non-resident

Location: San Bruno City Park Swimming Pool

Instructor: San Bruno Recreation Staff

3622.301	M-F	10:00am-3:30pm	8/2-8/6
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Tennis & Swim Camp (5 classes)

Does your child love swimming and tennis? If so, sign up for our Tennis and Swim Camp held at San Bruno City Park. Participants will have a tennis lesson from certified instructors from 10-11:30am. Following tennis, Recreation Staff will pick up participants to enjoy lunch and play games in the park. At 1pm, participants will head over to the San Bruno Park Pool where they will enjoy swimming, water games and be supervised by our lifeguards. Cost includes tennis lesson, entrance to recreation swim and supervision. Participants should bring a bag lunch, tennis racket, bathing suit, sunscreen and a towel everyday. Ages 9-12.

Cost: \$136 Resident \$151 Non-resident

Location: San Bruno City Park (Tennis Courts and Swimming Pool)

Instructor: Whitlinger & Sarsfield Tennis Staff and San Bruno Park Pool Staff

3657.301	M-F	10:00am-3:30pm	6/21-6/25
3657.302	M-F	10:00am-3:30pm	7/19-7/23